

SMART: MONTHLY WORKSHOPS FOR HEALTHCARE CHOICES.

Bring together communities to inform, understand and empower to make smart choices.

July Workshop: **911 Emergency Services:**

- *Ada county paramedics: What they look for what they need to know when you call for help.*

August Workshop: **Dollars and Sense:**

- *The most **loving gift you have can give your loved ones:** Let them know your wishes BEFORE disaster or a medical emergency. Learn about Advance Directives/living wills, POST, POA and important documents that can help people know your wishes. Learn what Guardian, Fiduciary, Elder Care, Conservatory do and how they apply to you and your family.*

September Workshop: **Home Improvement:**

- *What you can do to make your home safe? Learn about the latest in technologies, home systems, gadgets and services that can make your life easier and smarter.*

October Workshop: **Home Help:**

- *What are the dangers of care-giver burnout? Knowing the signs and the options you have. (Defining: Respite, Home Care, Home Health, and Hospice). Know your choices.*

November Workshop: **Doctor RX:**

- *Ready, Set, GO! On average you have 15 to 20 minutes to tell your physician why you are there. Learn tips that can help them know what you need. Have your choices and wishes in place.*

December Workshop: **Wrap it up:**

- *Holiday health fair: you get to see us one last time of the year! Raffles for gifts, holiday food and cheer!*

<u>PLACE:</u>	<u>2014 DATES:</u>	<u>TIME:</u>
<u>Maryland Village:</u> Dining room 1737 Sunnyridge Road, Nampa	2 nd Tuesday of the month	3 pm to 4pm
<u>Meadowlake Lodge:</u> Chapel 4037 E Clocktower Dr, Meridian	2 nd Tuesday of the Month	10 am to 11am
<u>Leisure Villa:</u> Community Center 3003 Overlook Rd, Boise	3 rd Friday of the month	10:30 to 11:30
<u>Villas at River Side:</u> Dining room 767 East Parkcenter Blvd. Boise	8/21, 9/25, 10/23, 11/20, 12/11	4pm to 5pm

Please RSVP: For more information or help with resources:

Call Kimberly at 208.369.6793 or email kimberly@treasurevalleyhospice.com

